



Distributed by JML

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*Recipe  
Guide*



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# Welcome...

This recipe guide will help you to get the most out of your GoChef™. From healthy breakfasts to hearty lunches, tasty snacks to indulgent desserts - there's a recipe for every occasion!

There's such a great selection to choose from. There are simple recipes for when you just need something quick, and more detailed recipes, great for testing your culinary skills and impressing your friends with the results. Each recipe comes with easy-to-follow instructions and a detailed list of ingredients to ensure you get the best, most mouth-wateringly delicious meals to enjoy.

# Porridge

## Serves 2

### Method

Tip the porridge oats into GoChef™ and add the water, skimmed milk and salt. Set the temperature to 220°C and bring to the boil, stirring continuously. When boiling, turn the machine down to 120°C. Place the lid on top and simmer for 3-5 minutes or until the porridge is creamy.

Serve with fresh fruit and chopped nuts.

### Ingredients

80g porridge oats  
250ml water  
250ml semi-skimmed milk  
Pinch of salt

### To serve:

Fresh fruit  
Chopped nuts

# Scrambled Eggs with Spinach

## Serves 4

### Method

Heat GoChef™ to 160°C. Add the oil and spinach. Stir fry for one minute until the spinach has wilted.

Add the eggs and turn GoChef™ down to 140°C. Cook, stirring occasionally until the egg sets. Stir in the parmesan cheese and the chilli flakes.

### Ingredients

2 tbsp olive oil  
200g baby spinach  
8 eggs, whisked  
2 tbsp grated parmesan  
1/2 tsp chilli flakes



# Quesadillas

**Serves 1**

## Method

Mix all the ingredients except for the tortillas in a large bowl.

Place one tortilla into the GoChef™. Spread the filling over the tortilla and season with salt and black pepper. Top with another tortilla and turn GoChef™ on to 140°C. Cook for 2 minutes until the underneath tortilla is brown.

Carefully flip the tortillas over and cook for a further two minutes until the underside is brown. Remove and cut into quarters. Serve immediately with sour cream and salsa.

## Ingredients

100g cheddar cheese, grated  
2 spring onions, sliced  
1 red pepper, diced  
1 red chilli, de-seeded and finely chopped  
1 avocado, peeled, and with the stone removed, cut into small cubes  
40g fresh coriander, roughly chopped  
2 tortillas  
Salt and black pepper

## To serve:

Sour cream  
Salsa

# Mexican Chicken

**Serves 4-6**

## Method

Turn your GoChef™ to 140°C. Add the oil and fry the onions, garlic and red peppers for 5 minutes, stirring occasionally. Turn GoChef™ up to 160°C. Add the chicken and cook for a further 5 minutes, stirring occasionally.

Add the tomatoes, kidney beans, chilli powder, coriander, oregano and cumin. Season with salt and black pepper. Turn GoChef™ up to 220°C. When the food is boiling, turn down to 110°C. Place on the lid and simmer for 30-40 minutes.

Serve with corn tortilla chips, sour cream and guacamole.

## Ingredients

2 tbsp olive oil  
1 onion, peeled and diced  
2 cloves garlic, peeled and finely chopped  
2 red peppers, de-seeded and sliced  
4 chicken breasts, cut into chunks  
400g can of chopped tomatoes  
2 x 400g can of kidney beans  
1/2 tsp hot chilli powder  
1 tbsp ground coriander  
2 tsp ground cumin  
1 tsp dried oregano  
Salt and black pepper

## To serve:

Tortilla chips  
Sour cream  
Guacamole

# Paprika Chicken Goujons

**Serves 4**

## Method

Fill GoChef™ with vegetable oil, up to the mark inside the non-stick bowl. Heat up to 200°C.

In a bowl, mix together the flour, paprika, salt and pepper. Tip on to a large flat plate. Tip the beaten egg on to another plate and then add a third for the breadcrumbs.

Dip the chicken breast slices into the flour mixture. Shake off the excess, then dip into the egg, then cover with breadcrumbs. Place the coated chicken pieces into the frying basket and place into the hot oil for 5-7 minutes, or until crisp, golden and cooked through.

If the oil is getting too hot, turn GoChef™ down to 180°C. Drain on kitchen paper and serve immediately.

## Ingredients

4 chicken breasts, sliced into 2cm pieces  
100g plain flour  
1 tsp paprika  
2 eggs, lightly beaten  
200g breadcrumbs  
2.8 litres of vegetable oil  
Salt and black pepper

# Pea & Mint Risotto

**Serves 4**

## Method

Put the peas, mint and garlic into a food processor with 2 tbsp of the vegetable stock and mix. Set aside.

Turn GoChef™ to 120°C. Fry the onions for 10 minutes until soft. Increase the heat to 140°C. Add the rice and cook for 2 minutes, stirring continuously. Add the wine and let it bubble until completely evaporated.

Turn GoChef™ down to 120°C. Add a ladle of stock and stir until the stock has evaporated, add another ladle and again stir until evaporated. Continue until the rice is creamy and just cooked through. This should take about 20 minutes.

Stir in the pea and mint puree, stir in the zest and juice of one lemon and serve with parmesan cheese and olive oil.

## Ingredients

170g frozen peas  
4 tbsp fresh mint  
2 cloves of garlic  
1.5 litre vegetable stock  
1 onion, peeled and finely diced  
350g risotto rice  
125ml white wine  
Zest and juice of one lemon

## To serve:

Parmesan cheese  
Extra virgin olive oil  
2 tbsp olive oil



# Prawn & Sesame Stir Fry

*Serves 2*

## Method

Turn GoChef™ to 160°C and add the oil. When hot, add the ginger paste, spring onions, garlic and chilli. Stir fry for 1 minute. Add the prawns and stir fry for 1-2 minutes or until pink. Remove with a slotted spoon and set aside.

Add the vegetables. Stir fry for one minute until the vegetables start to wilt. Return the prawns to the pan. Add the soy sauce, sherry and honey and stir fry for a further minute.

Sprinkle with the sesame seeds and serve with noodles.

## Ingredients

2 tbsp groundnut oil  
1 tsp ginger paste  
2 spring onions  
2 cloves of garlic, peeled and sliced  
1 large red chilli, finely sliced  
180g large king prawns  
300g mixed stir fry vegetables  
2 tbsp dark soy sauce  
2 tbsp dry sherry or rice wine vinegar  
1 tbsp honey  
1 tbsp toasted sesame seeds

## To serve:

Cooked noodles

# Pasta with Cherry Tomato Sauce

*Serves 2*

## Method

Fill GoChef™ with 1 litre of water and turn the temperature up to 240°C. When the water is boiling, add the spaghetti and cook for 10 minutes, stirring occasionally. When most of the water has evaporated and the pasta is cooked, stir in the garlic, cherry tomatoes and olives.

Stir fry for 5 minutes, adding a little water if the pasta gets too dry. Season with salt and black pepper.

Drizzle over extra virgin olive oil and scatter over the basil leaves to serve.

## Ingredients

220g spaghetti  
2 tbsp olive oil  
1 clove garlic, crushed  
300g cherry tomatoes  
100g olives  
Salt and black pepper

## To serve:

Extra virgin olive oil  
Basil leaves

# Pasta with Cheese Sauce

**Serves 2**

## Method

Fill GoChef™ with 1 litre of water and turn the temperature to 240°C. When the water is boiling, add the pasta and cook for 10 minutes, stirring occasionally. When most of the water has evaporated and the pasta is cooked, stir in the leeks.

Stir fry for 5 minutes, adding a little water if the pasta gets too dry. Stir in the crème fraîche, grated cheese and parmesan.

Season with salt and black pepper. Drizzle over the extra virgin olive oil and scatter over the flat leaf parsley, then serve.

## Ingredients

250g penne pasta  
2 leeks, sliced  
150ml crème fraîche  
100g cheddar cheese, grated  
2 tbsp Parmesan cheese  
Extra virgin olive oil  
2 tbsp flat leaf parsley, roughly chopped  
Salt and black pepper

# Salmon Kedgeree

**Serves 4**

## Method

Turn GoChef™ to 140°C. Fry the onions and garlic for 2 minutes. Add the ginger, curry powder, mustard seeds and cherry tomatoes. Fry for a further 2 minutes.

Add the rice, stir well and cover with 600ml of water. Turn GoChef™ up to 220°C to bring the mixture to the boil. When boiling, turn the temperature down to 120°C for 15-20 minutes. 5 minutes before you finish cooking, add the salmon chunks and place on the lid.

Turn off GoChef™ and let the kedgeree sit for 10 minutes. Stir in the coriander and red chilli. Serve with yoghurt and hard boiled eggs.

## Ingredients

1 bunch of spring onions, finely sliced  
1 garlic clove, peeled and finely diced  
2cm piece of ginger, peeled and grated  
2 tbsp curry powder  
1 tbsp mustard seeds  
12 cherry tomatoes, halved  
300g rice  
300g salmon, skinned and cut into 2cm chunks  
1 small bunch of coriander  
1 red chili

## To serve:

100ml natural yoghurt  
Eggs (optional)



# Roast Lemon Chicken

**Serves 2-3**

## Method

Turn GoChef™ to 190°C and add the oil. When hot, place the chicken inside and brown on each side. Remove the chicken and carefully insert the low rack (be careful, as the bowl will be very hot). Place the chicken on the rack. Squeeze over the lemon juice, sprinkle with the oregano and season with salt and black pepper.

Place the lid on top and cook for 50 minutes or until the juices run clear when the thigh of the chicken is pierced with a sharp knife. Remove and cover with foil to rest for 10 minutes before serving.

To make the gravy: Carefully remove the low rack. Stir the flour into the juices and heat the pan to 140°C. Mix to a paste and then slowly add a little chicken stock. When you have a smooth paste, continue adding the rest of the stock. Heat for 2 minutes. If the gravy is too thick, add a little more stock; if too thin, raise the temperature to 220°C and boil until you have the right consistency.

## Ingredients

2 tbsp olive oil  
1kg chicken  
1 tsp oregano  
Juice of one lemon  
Salt and black pepper

## For the gravy

1 tbsp plain flour  
350ml chicken stock

# Steamed Herb Chicken with New Potatoes

**Serves 4**

## Method

Cut a slit in the top of each chicken breast. In a bowl, mix together the butter, lemon zest, garlic and flat leaf parsley. Season with salt and black pepper. Divide the butter mixture between each chicken breast.

Fill the GoChef™ bowl up to the mark with water and add the high rack. Place the new potatoes on the high rack. Turn GoChef™ up to 220°C. When the water starts to boil, place the chicken breasts on to the rack and place on the lid.

Turn GoChef™ down to 140°C. Cook for 15-20 minutes until the chicken is cooked through and the potatoes are tender.

## Ingredients

4 chicken breasts  
75g soft butter  
Zest of one lemon  
1 clove garlic, peeled and crushed  
4 tbsp flat leaf parsley, roughly chopped  
1kg new potatoes  
Salt and black pepper



# Beef Stew

**Serves 4**

## Method

Toss the stewing steak in the flour. Heat GoChef™ to 160°C. Add 2 tbsp of oil and brown the beef in batches. Set aside. Add the remaining 2 tbsp of oil and fry the onion and garlic, stirring continuously. Return the meat and stir in the mustard powder and tomato puree and cook for 2 minutes. Add the Worcestershire sauce, redcurrant jelly and ale. Season with salt and black pepper.

Turn GoChef™ up to 220°C. When the food is boiling, turn down to 110°C and place on the lid. Cook for 2.5 hours, stirring occasionally. Add the mushrooms and simmer for a further hour with the lid off.

## Ingredients

4 tbsp vegetable oil  
1.5kg stewing steak  
3 tbsp flour  
1 onion, sliced  
2 garlic cloves, crushed  
1 tsp mustard powder  
1 tbsp tomato puree  
2 tbsp Worcestershire sauce  
1 tbsp redcurrant jelly  
500ml ale  
400g button mushrooms  
Salt and black pepper

# Roast Rib of Beef

**Serves 3-4**

## Method

Heat GoChef™ up to 220°C. Brown the beef on all sides and then remove. Place the low rack into GoChef™ and turn down to 190°C.

Spread the mustard over the beef and season with salt and black pepper. Place the beef into GoChef™ on the low rack.

Place on the lid and cook: 45 minutes for rare and 60 minutes for well-done.

Remove the beef and cover with foil. Rest for 20 minutes before serving.

For the gravy: Carefully remove the low rack and then add the flour to the juices at the bottom of GoChef™, stir until combined. Add a little of the vegetable stock and stir continuously. Gradually add the remaining vegetable stock while stirring continually. Turn the temperature up to 220°C. When the gravy is boiling, turn the temperature down to 110°C. Let the gravy simmer for 5 minutes.

## Ingredients

1.5kg rib of beef  
2 tbsp dijon or grainy mustard

## For the gravy:

1 tbsp plain flour  
350ml vegetable or beef stock

# Peppered Steaks with Roasted Vegetables

**Serves 2**

## Method

Rub the steaks with the olive oil and black pepper. Season with salt.

Turn GoChef™ to 160°C. Heat the oil and add the courgettes, red pepper, onions, garlic and oregano. Season with salt and black pepper. Stir fry for 5 minutes.

Carefully put the high rack over the vegetables (be careful, the bowl will be very hot) and add the steaks. Put on the lid and cook for 3 minutes each side. Remove and rest for 5 minutes.

Serve with the vegetables.

## Ingredients

2 lamb steaks  
2 tbsp olive oil  
1/2 tsp black pepper  
3 courgettes, sliced into 1cm rounds  
2 red peppers, de-seeded and sliced  
2 red onions, peeled and quartered  
1 clove garlic, peeled and minced  
1 tsp dried oregano  
Salt and black pepper

## To serve:

Vegetables

# Pulled Pork Belly

**Serves 4-6**

## Method

Heat GoChef™ to 220°C. When hot, lay the belly of pork, fat side down and fry for 5 minutes until brown. Be careful, it will spit.

Remove and place the low rack into GoChef™ (be careful, the non-stick bowl will be very hot). Place the belly of pork, fat side up, on to the rack. Season with salt and freshly ground black pepper, and top with the sprig of rosemary.

Place the lid on and slow roast at 110°C for 3.5 hours or until tender.

Remove from GoChef™ and let the pork rest for 20 minutes. If you want crispy crackling: When the pork has cooled down, remove the fat from the top of the pork. Carefully remove the low rack from GoChef™ and turn the temperature up to 220°C and put the crackling in, fat side down and cook until brown.

Shred the pork and serve with burger buns, BBQ sauce and coleslaw.

## Ingredients

1.5kg belly of pork  
Sprig of rosemary  
Salt and black pepper

## To serve:

4-6 burger buns  
BBQ sauce  
Coleslaw



# Pork Chops with Sage, Apple, Onions & Potatoes

**Serves 2**

## Method

Rub the pork chops with olive oil and season with salt and black pepper. Heat GoChef™ to 220°C. Fry the pork chops on each side for 1 minute, then set aside.

Place the red onions, potatoes, chopped sage and apple into GoChef™ and fry on 140°C for 5 minutes. Add the vegetable stock. Carefully place on the high rack (be careful as the bowl will be very hot) and then place on the pork chops. Put the lid on and cook for 10 minutes until the pork chops are cooked through.

Remove the pork chops and cover with foil to rest. Turn the heat up to 190°C and continue to cook the potato and onion mixture until all the liquid has evaporated, the vegetables begin to brown and the potatoes are cooked through. Season with salt and black pepper and serve with the pork.

## Ingredients

2 pork chops  
1 tbsp olive oil  
2 red onions, cut into wedges  
1 clove garlic, peeled and finely chopped  
100g new potatoes, halved  
2 tbsp fresh sage, finely chopped or 1 tbsp dried sage  
2 apples, cored and cut into wedges  
150ml vegetable stock  
Salt and black pepper

# Slow Cooked Lamb Shanks

**Serves 4**

## Method

Pour the oil to GoChef™ and heat to 220°C. Add the lamb shanks and brown on all sides. Remove and set aside. Add the oil, onions and garlic and turn GoChef™ down to 140°C. Fry for 3 minutes. Return the meat to the pan.

Add the wine to GoChef™ and cook until almost evaporated. Add the tomatoes, chicken stock, thyme and rosemary. Season with salt and black pepper. Turn up to 220°C, and when boiling, turn down to 110°C. Place on the lid and cook for 3 hours or until the lamb is tender and falling off the bone. Serve with mash potato.

## Ingredients

2 tbsp olive oil  
4 lamb shanks  
2 red onions, chopped  
2 garlic cloves, crushed  
120ml red wine  
2 x 400ml can chopped tomatoes  
400ml lamb or chicken stock  
2 sprigs of thyme  
1 sprig of rosemary  
Salt and black pepper

## To serve:

Mashed potato

# Steamed Asian Salmon

**Serves 2**

## Method

Place the salmon fillets, carrots, spring onions and pak choi on a large piece of square foil. Scatter the garlic, ginger and lime zest over the fish and vegetables. Drizzle over the sweet chilli sauce and soy sauce. Loosely seal into parcels so there is enough room for the fish to cook in the steam.

Fill GoChef™ with water up to the mark and place on the high rack. Turn the heat to 220°C. When the water is boiling, turn GoChef™ down to 160°C. Place the parcels on to the high rack. Cover with the lid and cook for 15 minutes or until the fish is cooked through.

## Ingredients

2 salmon fillets, about 150g each  
1 carrot, peeled and cut into strips  
1 spring onion, finely sliced  
2 baby pak choi, quartered  
2cm piece of ginger, peeled and finely chopped  
1 garlic cloves, peeled and crushed  
1 tablespoon of sweet chilli sauce  
Grated zest and juice of one lime  
2 tbsp soy sauce

# Vegetable & Chickpea Curry

**Serves 4**

## Method

Heat GoChef™ to 160°C. Add the oil and onion. Stir fry for 5 minutes until the onion is soft. Add the cauliflower and broccoli and stir fry for 2 minutes. Add 100ml of water and cook for 5 minutes with the lid on until the vegetables are tender.

Stir in the tomatoes, chilli and chickpeas. Turn GoChef™ up to 220°C. When boiling, turn down to 120°C, place on the lid and simmer for 10 minutes.

Meanwhile, place the high rack on to the non-stick bowl (be careful, the bowl will be extremely hot). Wrap the tortillas in foil and place on the rack and replace the lid.

Remove the tortillas and the high rack. Stir in the spinach and coriander. Cook for a further 1 minute. Serve with yoghurt, lime and the steamed tortillas.

## Ingredients

2 tbsp olive oil  
1 onion, chopped  
1 cauliflower, broken into small florets  
1 small broccoli, broken into small florets  
400g can of chickpeas  
400g can of chopped tomatoes  
1 tsp chilli paste  
2 handfuls of fresh coriander  
100g baby spinach leaves

## To serve:

4 tortillas  
Natural yoghurt  
Lime



# Boston Baked Beans

**Serves 4**

## Method

Pour the oil into GoChef™ and heat to 160°C. Add the onions and stir fry for 5-7 minutes until soft and browned. Add the lardons and stir fry for a further 3 minutes.

Add the remaining ingredients. Turn GoChef™ up to 220°C to boil. Turn down to 110°C, place on the lid and simmer for 30-40 minutes. Season with salt and black pepper.

## Ingredients

1 tbsp vegetable oil  
2 red onions, peeled and finely sliced  
120g lardons  
2 cloves  
2 tsp mustard powder  
300g passata  
3 tbsp red wine vinegar  
2 tbsp dark muscovado sugar  
1 tsp paprika  
2 x 400g can of cannellini beans  
Salt and black pepper

# Triple-Cooked Chips

**Serves 2**

## Method

Wash the chips in water to remove the starch.

Fill the GoChef™ bowl with water and turn on to 220°C. When boiling, add the chips. Turn GoChef™ down to 120°C and simmer for 5 minutes.

Allow the bowl to cool completely, then empty the water and dry. Return to the power base and then fill up to the marker with vegetable oil. Heat up to 140°C, and place the chips into the frying basket. Cook for 5 minutes until cooked but not coloured.

Remove the chips, drain and pat dry with kitchen towel. Pop the chips into the fridge for 30 minutes.

Heat the GoChef™ to 180°C. Place the chips into the frying basket and cook until crisp and golden. Serve immediately.

## Ingredients

400g potatoes, such as maris piper, peeled and cut into chips about 1cm thick  
Vegetable oil  
2.8 litres of vegetable oil

# Baked Potato

## Serves 1

### Method

Prick the potato several times with a fork. Rub with the olive oil and sprinkle over with sea salt.

Fill the bottom of GoChef™ with 150ml water. Place the low rack into GoChef™ and put the potato on to the rack.

Turn GoChef™ on to 220°C, place on the lid, and cook for 40-45 minutes, topping up with water when needed, until the potato is cooked through.

For a crispier skin, let the water evaporate 5 minutes before the potato is cooked and continue for the final 5 minutes.

### Ingredients

1 large potato approx  
300g (such as King  
Edwards)  
1 tbsp olive oil  
1/2 tsp sea salt

# Cheese Fondue

## Serves 4-6

### Method

Rub the GoChef™ bowl with the garlic. Pour in the wine and lemon juice. Turn GoChef™ up to 220°C and bring to the boil. Lower the heat to 110°C and add a little of both cheeses. Stir until melted. Repeat with the remaining cheese.

Mix the cornflour with the kirsch or a little water. Add to the cheese mixture and cook on 120°C until the mixture is smooth. Don't let the mixture boil; if GoChef™ gets too hot, turn down to 110°C.

Serve immediately with chunks of toasted bread.

### Ingredients

2 cloves of garlic, peeled  
700ml white wine  
1 tsp lemon juice  
650g cheddar cheese,  
grated  
650g emmental cheese,  
grated  
2 tbsp kirsch (optional)  
2 tsp cornflour

### To serve:

Toasted bread



# Chocolate Hazelnut Fondue

*Serves 4-6*

## Method

Put the cream, milk, sugar, syrup and vanilla essence into GoChef™ and turn to 160°C and bring to the boil, stirring continuously. Boil for one minute.

Turn off the heat and stir in the chocolate. Whisk until smooth. Stir in the Nutella, and the brandy if you decide to use it.

Serve immediately with plates of marshmallows, fruit, biscotti and sponge cake.

## Ingredients

500ml double cream  
120ml milk  
2 tbsp brown sugar  
2 tbsp golden syrup  
1 tsp vanilla essence  
300g dark chocolate, cut into small pieces  
200g Nutella (optional)  
1 tablespoon brandy (optional)

## To serve:

Marshmallows  
Strawberries  
Biscotti  
Sponge cake

# Raspberry Fridge Jam

*Makes 4 x 340g jars*

## Method

Put half the fruit into a bowl and mash with a potato masher. Pour into GoChef™ along with the remaining fruit and the sugar. Turn GoChef™ to 120°C and stir continuously until the sugar has dissolved.

Turn the heat up to 220°C, put on the lid and boil for 5 minutes. Turn off the heat and leave to cool for 10 minutes. Stir and put into sterilised jars. The jam will keep in the fridge for 2 weeks.

## Ingredients

1kg raspberries  
500g granulated or jam sugar

# Easy Rice Pudding

**Serves 4-6**

## Method

Mix together the rice, sugar, milk and vanilla essence and then pour into GoChef™. Sprinkle the top with nutmeg and add the lemon zest.

Turn GoChef™ to 220°C. Bring to the boil and then turn down GoChef™ to 110°C. Cook for 1 hour stirring occasionally. Serve immediately with a dollop of jam.

## Ingredients

170g pudding rice  
100g sugar  
1 litre semi-skimmed milk  
1 tsp vanilla essence  
Pinch of grated nutmeg  
Zest of one lemon

## To serve:

Strawberry or raspberry jam

# Cream Custard Puddings

**Serves 6**

## Method

In a large bowl, beat together the sugar and egg yolks using an electric whisk, until pale and fluffy. Add the cream, orange zest and vanilla essence. Strain through a sieve into a large jug.

Fill 6 ramekins. Place the low rack into GoChef™ and place the ramekins on the rack. Fill GoChef™ with hot water until it comes half way up the sides of the ramekins. Turn GoChef™ to 140°C and cook for 30-35 minutes with the lid on or until the puddings are wobbly in the middle.

Remove and let the puddings chill before serving.

## Ingredients

100g caster sugar  
6 egg yolks  
500ml double cream  
Zest of an orange  
1 tsp vanilla essence



# Chocolate & Walnut Steam Puddings

**Makes 6**

## Method

In a large bowl, mix the cocoa powder with a little hot water to form a paste. Add the remaining ingredients and mix with a hand whisk until light and fluffy. Rub butter into 6 ramekins and then divide the mixture between each of them.

Turn GoChef™ to 190°C and place the low rack into the bowl. Put the ramekins on to the rack. Place the lid on top and bake for 15-20 minutes or until a skewer, when inserted into a pudding, comes out clean. Remove and serve with custard or double cream.

## Ingredients

40g cocoa powder  
3 eggs  
175g soft butter, plus more for greasing the ramekins  
175g caster sugar  
115g self-raising flour  
1 heaped tsp baking powder  
2 tbsp chopped walnuts

## To serve:

Custard or double cream

# Apple Fritters

**Serves 2**

## Method

Whisk the flour, baking powder and cornflour in a large bowl. Add enough milk to reach the consistency of yoghurt.

Pour the vegetable oil into GoChef™ until it reaches the fill line and heat to 220°C.

Dip the apple into the batter mixture and place on to a plastic spatula. Place carefully into the oil and fry for 2 minutes until golden. Remove and drain on some kitchen towel. Dust with caster sugar and ground cinnamon. Serve immediately.

## Ingredients

2.5 litres vegetable oil  
100g plain flour  
2 tsp baking powder  
2 tsp cornflour  
50ml milk  
1 apple, cored and chopped  
2 tbsp caster sugar  
1/2 tsp ground cinnamon

## Notes

## Notes